

## ABSTRACT

A computer and exercise apparatus having a data exchange port. A user exercises during a workout session and the computer records data regarding the workout session in memory. The data is then downloadable through the port into an appropriate device. A number of exercise apparatus may be networked, saving the user from having to download after each exercise in the session and allowing for greater download potential. Separate auxiliary centers may also be provided in a network setting. Users may also add data to the device manually or through subsequent downloads at remote locations and then upload the new data into the local network, thus saving data that might otherwise be lost and incorporating it into a single record.